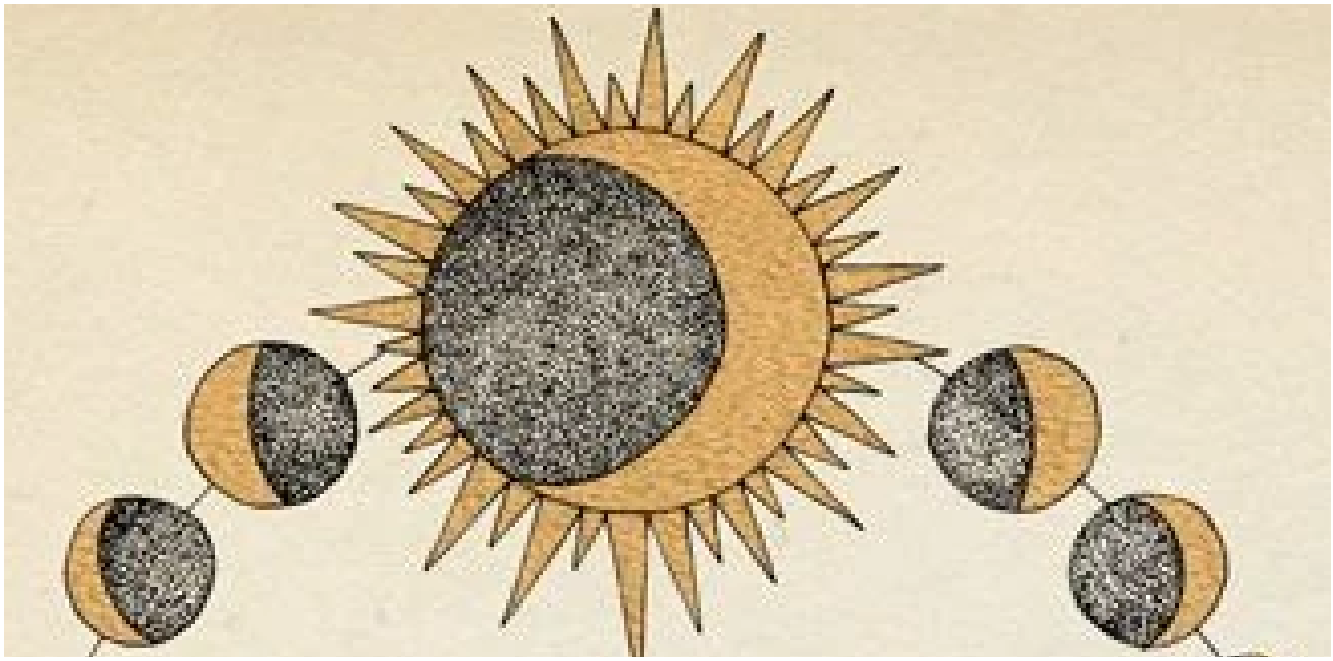
THE ASTROLOGY of HERBS



BY ADRIANA AYALES
ANIMAMUNDIHERBALS.COM



HERBS &PLANETS

Like humans, herbs have complex personalities. They grow and develop under cosmological influences just as much as we do; they favor and thrive in certain environments, they have a nervous system and feel as much (and more!) as we do. They also reflect how some of us thrive under certain astrological transits while others don't. Roses for example thrive under certain Jupiter and Venus transits, and some of us might manifest a soulmate under Jupiter-Venus transits as well! So it's no coincidence that Roses, with a medicinal landscape known to open the heart while providing dopamine and aphrodisiac properties, prosper under the transit of an archetype that embodies these descriptions.

The archetypes within each constellation and planetary body are said to contain complex patterns of energy that give the origin to our personality. Therefore the astrological configurations that exist when we are born are that which create our base persona and perhaps the multiple possibilities of destiny. Stellar influences are absorbed into anything that is alive on this planet. Plants absorb these stellar vibrations through photosynthesis, detailing the complex nutritious chemistry that it contains.

Correspondences between herbs and planets were already in use during Hippocrates' life and continued to expand through the centuries. Another infamous herbalist, physician and astrologer is Nicholas Culepeper. He further developed highly esoteric writings on astrology and herbal configurations, basically becoming today's definitive source on the subject. His masterful books cover herbal energetics, medical astrology, the astrology of healing & disease, and more, all in great depth. In those times, prior to the discovery of Neptune and Pluto, Astrology was based on the 7 visible planets, and all planets discovered after Saturn have been names trans-saturnial. We will be integrating Uranus, Neptune and Pluto into the herbal elements, which have more modernized associations that have also been collected and seen by medical astrologers since their discovery.

Within this e-book we will unravel the different energies each planetary configuration carries, and the associated herbs that fall predominantly under each wing. We will cover all planets and ultimately, you'll be able to use the table of planetary correspondences to select herbs to enhance or lower particular energies. This will help you strengthen or enhance the energy of a certain planet or transit within your natal chart and life. This type of "self-prescription" will allow you to generate your own spirit tonic. You may also work with one or more herbs to gain a greater understanding of the nature of that energy. Always take great precaution and be sure to consult an herbalist or healthcare practitioner before preparing and intaking formulas.

In astrology, the planets represent different types of energy which manifest in reality. The study of astrology is very vast and definitely a lot more involved than what we will be able discuss here. But all of this information will be broken down in a generalized way so even beginners can begin exploring the archetypes that manifest within herbal medicines.

Herbs of the Sun

the heart + the inner light + vital energy

In astrology, the Sun is the central emanation of our ego and it is the ruling force of our ego consciousness. Just as it's the central presence of our solar system, the Sun represents our base personality and ones' overall health. Herbs of the Sun have long been held as herbs for the heart. It is also said to govern the front of the pituitary gland, thymus, spleen, and thyroid. "The Sun indicates the presence and function of oxygen within the body. Difficult aspects with the Sun may affect the health of the body's vital fluids." (Culepeper) Many dis-eases arrive due to low self-esteem and harsh self judgement. People that live in a constant state of self-criticism, self-doubt, or any level of self-hatred, can greatly benefit from solar herbs.



SYMBOLS OF THE SUN

Solar herbs tend to be hot and dry. They tend to be Yang — expansive, and radiant. Through working with solar herbs, the inner seed within ones spirit is more easily brought into manifestation. We are better able to recognize our role and what we are here to do in this life. They provide us the creativity needed to visualize our life within this Universe. "Just as the radiance of that star which lights our solar system is an emanation of its' inner energy, so too does ones' ego seek to shine brightly, frequently seeking to radiate and be recognized as a star among one's peers." (Beyerl, P.) Solar herbs help us direct our ego in a useful way in order to achieve spiritual wisdom. The Sun represents our little Ego and our Super Ego, meaning that it encompasses the entire consciousness. It is up to us to conduct it in the way that we're ready for.

MEDICAL ASTROLOGY

Herbs of the Sun help us better understand the divine nature of manifest reality. Just as herbs are dependent upon the Suns' rays, so too are our creative endeavors dependent upon a positive, divine radiance from our own inner self. "Solar herbs help open your view of life around you. They are able to assist you in avoiding the magnetic tug of incarnate reality which seeks to place one's ego upon the very altar of one's circle." *(Paul Beyerl)*



Solar herbs are said to be grounding plants in particular to those that struggle with egocentric tendencies, narcissism, or the opposite, issues with self-worth. It's important to understand that by strengthening ones self image with the tone of balance and gratitude, it naturally grounds the superfluous elements of certain personalities.

Using solar herbs in ritual brings expansive clarity to that which you are seeking. It helps us understand aspects of our life and our ego and situations that we need clarity on. These herbs help us put things back into perspective and help us find the flow that actually suits our own authentic rhythm. They endow us with courage to fearlessly seek our true vision, and the means to manifest it. This naturally connotes to tapping into universal abundance. Careful work within ritual requires us to be very selective and precise with what we're attracting. Be very clear with the image and change what you're looking to bring in, no matter how painful that change might be, so that the highest ideals might manifest properly into your life. Solar herbs are extraordinary for visualization and for bringing in the success to what you're looking to accomplish.

SOLAR HERBS ENERGETICS

Restores the energy, vitality and immunity overall. Stimulating tonics and most adaptogens, or rejuvenative herbs that increase longevity, fall under this category. Cardiotonics that strengthen the heart. Herbs that hold powerful nutrition. Herbs that improve the eyes and clear the vision (metaphorically and literally). Their “hot” and “dry” overall, generally they help dispel cold, damp rheumatic and phlegm from the lungs and respiratory tract. Herbs that resist poison, powerfully protect the immune system and aid in the recuperation of the vital forces.

HERBS OF THE SUN

Solar Herbs:
Almond, Angelica, Bay Laurel, Bergamont, Blue Lotus (Nymphaea), All Lotus (Nelumbo spp.) Chamomile, Centaury, Chia, Cinnamon, Eye Bright, Frankincense, Guarana (+Mars, Pluto), Juniper, Life-Everlasting, Myrrh, Moringa, Oats, Peony, Rice, Rhodiola, Rosemary, Rue (+Pluto), Pau D'arco, St. Johns Wort, Sunflower, Turmeric, Walnut.

Solar herbs that look like the golden sun: Chamomile, Calendula, Celandine, St. John's Wort, Sunflower, Marigold. *Yellow roots:* Rhodiola, Yellow Dock, Turmeric.

Solar Longevity Herbs: Bay Laurel, Ashwagandha, Cordyceps (+Mars, Pluto), Tulsi-Holy Basil (+Jupiter), Eleuthero, He Shou Wu, Turmeric, Reishi, Schizandra, Lion's Mane, Licorice, Ginseng (all spp.), Rhodiola, Shilajit (+Pluto), Maca.

Cardio tonics: Angelica, Saffron, Lovage, Mistletoe, Motherwort (+Venus)

Solar Herbs known to resist poison and restore vitality:
Angelica, Juniper, Rue, Jargon Sacha, Echinacea.

Herbs for Protection + Psychic Sight: Eyebright, Rue, Rosemary, Shizandra berries.

> *Live each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influences of each."*
>
> *— Henry David Thoreau*



Herbs of the Moon

the limbic system + emotions + the subconscious mind

The vibrational impact of the Moon not only affects the tides within our oceans, it also greatly affects the tides of our blood, the subconscious mind and our emotions. The plants associated with the Moon act principally on all the major fluids of the body (water and blood), stomach and overall gut. The primary action of fluids within the body is to nourish, regulate, absorb and eliminate.

SYMBOLS OF THE MOON

The Moon is known to house our intuition and our emotions. Astrologers look at the position of the Moon in the natal chart to understand the part of one's being which is most vulnerable, including the emotions which we nurture and protect. Important lunar transits and aspects to the natal Moon (the moon's placement in your birth chart) may indicate vulnerability to certain health issues. Some examples could be difficulties with the menstrual cycle, digestive difficulties, constipation, mood swings,, psychosis, emotional imbalances, and more.

MEDICAL ASTROLOGY

Organs said to be goverened by the Moon are brain, the rear pituitary, the left eye, the digestive system (esophagus, stomach, and hormones associated with the alimentary system), the uterus, the breasts, ovaries and menstrual cycle. Modern medical astrology also place the lymphatic system and the sympathetic nervous system under the Moon as well.

Doctors and healers of the past, like in Chinese Medicine, used astrology as a means to mapping and observing the illness of a patient and particularly used the Moon to track its' progression. Some imbalances, like common colds, arise when we are more vulnerable due to emotional stress or anxieties which threaten the health of ones' unconscious. Try to pay attention to this on a monthly basis. Learn about where your natal moon is located and how you feel throughout the course of the month along with the ongoing lunar cycles. This can greatly help you unlock fluctuations with hormones, moods, eating patterns, and thought patterns.



LUNAR ENERGETICS

By nature, lunar herbs are cool and moist. They represent the feminine or Yin aspects of the Universe and may be worked in polarity with solar herbs. Lunar herbs promote a nurturing quality within the individual and work compatibly with the receptive aspects of one's being.

PHYSICAL

Digestive herbs that are both cooling and warming that assist the digestive system. Kidney herbs that prevent the over accumulation of uric acid, preventing the formation of kidney stones. Diuretic herbs that can naturally prevent the formation of gall stones as well. Blood herbs that assist as anti-coagulants and diuretics.

EMOTIONAL

Many of the dopamine regulating herbs (feel-good herbs) are lunar. Herbs that help us tap into the feeling body, and abandon the mind. Herbs that soothe the heavy heart, and assist deep relief to pain and/or trauma.

SPIRITUAL

Herbs of the Moon can greatly affect the subconscious mind. Their powerful action on our body's watery reserves are known to pave the ways to the intuitive mind. Many of the mystical and visionary herbs fall under this category as they focus on dilating our pituitary gland and are generally known as spirit tonics. They are a very good aid in the development of the intuition and of psychic abilities as well as dream recall. These herbs can be great assistants when paired with visionary herbs, like ayahuasca, iboga, bufo alvarius, etc. as they help assimilate the intensive experience within the shamanic journey back with the natural ebb and flow of life.

The green world of plants grows at night, having generated its fuel during the day from the radiant light of the Sun. It is against a starlit night that life is simpler, that we must see with our feelings rather than with our logic. Herbs of the Moon render us more sensitive, and wisely help us simplify our lives so that fulfillment becomes a more realistic goal.

HERBS OF SATURN

Flowers: Anise, Clary sage, Chamomile, Milk thistle, Fleur-de-lis, Ginger, Hibiscus, Milk Thistle, Poppy.

Herbs / Barks / Resins: Aloe, Chanca Piedra, Copal, Frankincense, Kava kava, Kalea sacatechichi, Myrrh, Pau d'arco, Passionflower, Mugwort, Orris, Sangre de Drago, Yerba santa.

Foods: Almond, Bamboo, Chickweed, Coconut, Maracuja (Passionfruit), Tamarind, Tapioca, Turnip, Watercress.

Visionary: Ayahuasca (Banisteropsis caapi), Poppy, Myrrh, Wormwood.

A LUNAR POTION

FOR LUCID DREAMING



HEALING PROPERTIES:

This deeply relaxing tea is composed of lunar and some solar herbs, to enhance yet balance the herbs' lunar energetics. These herbs all share the commonality of being very restorative and relaxing to the nervous system ('nervines') while soothing the digestive system. Lunar herbs affect the subconscious mind, being great aid's in the development of intuition, psychic abilities as well as in remembering dreams.

RECIPE

1tsp Passionflower
1tsp Chamomile
1/2tsp Mugwort
1/2tsp Kava Kava
1/2tsp Blue Lotus petals
8 oz Hot water
1tbsp of Coconut Cream powder
Honey or Maple Syrup, to taste

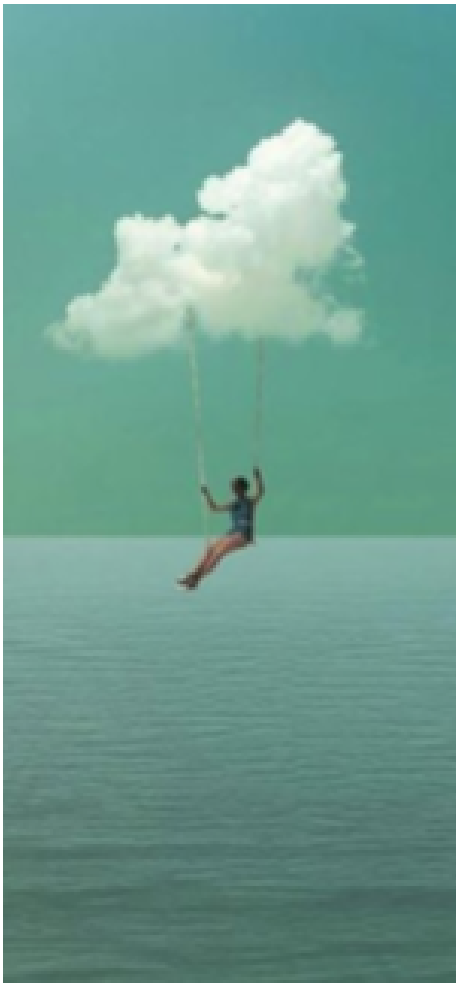
DIRECTIONS: Pour the hot water over the herbs and let them steep for 5 minutes. Strain the tea and add choice of milk and honey if desired.

Herbs of Mercury

the brain + the conscious mind + communication

SYMBOLS OF MERCURY

Astrologers interpret the energy of natal Mercury as the way in which we use our mind. The ways in which we apply our five physical senses to attain information from the world around us. We make sense out of that information based upon the data that was collected and stored in the brain. Just as Mercury, the deity, carries messages from our shadow self (the undiscovered self) to the outer world (the manifested self), so do our thoughts carry information from the inner and outer worlds.



MEDICAL ASTROLOGY

Our brain, and the entire operational center that contributes to mental processes, is said to be ruled by Mercury, as well as the nervous system and sensory nerves. Those sensory nerves include those of sight, hearing, tactile nerves, and organs associated with the production of sound. The organs of taste are more associated to Venus ~ although this is highly dependent on how you absorb the experience of taste itself. The entire respiratory system and the thyroid are connected to Mercury as well. Many schools of thought also include the hands, fingers and throat under Mercury's realm.

PHYSICAL

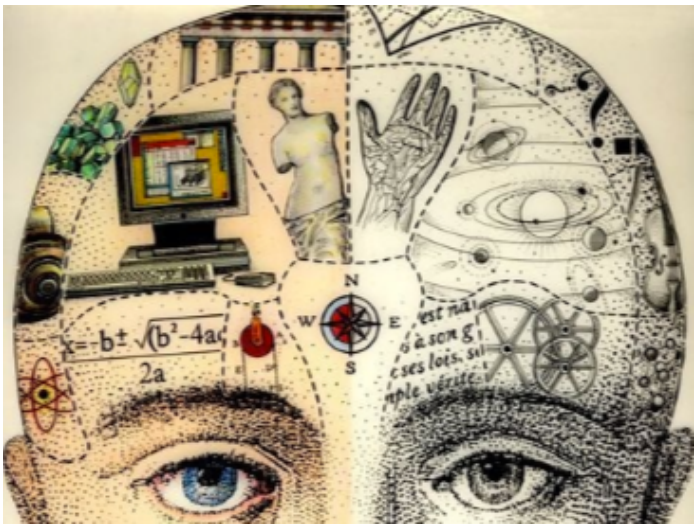
Physiological conditions found under Mercury include one's mental alertness and predisposition to disorders of speech and/or of the nervous system. Impediments of speech, whether physiological or psychological, are often studied as afflictions of the natal Mercury. One's ability to remember things or to retrieve information from the bins of frequently misfiled data within one's mind are mercurial in nature. Naturally, the herbs of mercury are known as neither feminine or masculine, yin or yang — they tend to be dualistic in energy and are metaphorically dry. They tend to represent energetic herbs that moves quickly within the nervous system, or cause a mood/mental change quite rapidly.

MENTAL

Mercurial Herbs are stimulating and improve mental alertness, like two dear adaptogenic plant known as Brahmi, and Rhodiola (also known to be ruled by the Sun), as well as other master brain herbs like Ginkgo and Gotu Kola. These brain herbs are masterful mercurial helpers as they are clinically proven to mentally increase mental function and cognition, and they have also been used spiritually to enhance higher consciousness. Mystics and yogi's revered these plants for meditation as they were said to assist breathwork and entry to elevated awareness. These herbs and the ones mentioned below, greatly help us when we must turn to the powers of our mind. Mercurial herbs also help inspire clarity, whether its for meditation, or for a time in your life that might be saturated with confusion and/or spacey-ness. However, these herbs taken daily will only benefit your mental faculties and make your mind operate at a higher level. Herbs of Mercury are of tremendous value for those whose lives involve the written or spoken word.

SPIRITUAL ELEMENTS

Many of these herbs have been revered for their ability to help move consciousness between worlds. Those who wish to attune to to higher consciousness, or elevated states of awareness. Those seeking to enhance the power of their mind and activate extra-ordinary powers such as clairaudience, clairsentience, mediumship abilities, etc. can greatly benefit growing their practice by utilizing these herbal allies.



HERBS OF MERCURY

Medicinal Herbs: Anemone (pulsatilla), Bamboo, Cedar, Clover, Geranium, Gotu kola, Ginkgo, Green coffee, Honeysuckle, Lions Mane mushroom, Lady's slipper, Lavender, Licorice, Lily-of-the- valley, Meadowsweet, Mulberry, Parsnips, Pomegranate, Rosemary, Sassafras, Saw palmetto, Tulsi, Tea (Camellia sinensis), Valeriana, Turmeric, Rhodiola (also herbs of the sun)

Foods & Culinary: Carrots, Coffee Celery, Dill, Fennel, Fenugreek, Matcha, Marjoram, parsley, Turmeric.

Nootropic *(Tonics for the Mind):* Brahmi, Gotu Kola, Ginkgo, Lions Mane, Rhodiola.

Visionary: Mandrake, Mexican tarragon



A MIND TONIC
FOR YOUR THINKING BODY

INGREDIENTS

1tsp Ceremonial Matcha
1 tsp The Mind superpowder*
1/2tsp Moringa
~ 14 oz hot water
1tsp MCT coconut oil (or ghee)
2 Tbsp coconut cream powder
1oz plant based milk of choice
coconut crystals or maple to taste

*(formula includes: lions mane, brahmi, gotu kola, ginkgo, tulsi, rosemary)

DIRECTIONS

Pour the hot water (not boiling!) over the matcha, and herbal powders. Whisk vigorously, then add your milk, oil and coconut cream and whisk until perfection. You can also opt for a blender or hand blender. If you do, add all ingredients and blend for about 10 seconds. Enjoy the magic!

Herbs of Venus

love + the heart + spirit



SYMBOLS OF VENUS

A key concept in dealing with the Venusian symbology and attributes is *harmony*. The balancing force represented by one of Venus's rulerships, Libra,
may be taken as a good metaphor for the playing out
of balance and desire for synergy on every level. Venus, being the archetypal manifestation of beauty and aesthetics, also symbolically represents, love — self love, one love, and empathy. Within the astrological chart, the study of Venus reveals how someone derives and gives love, pleasure and fulfillment. This includes the appreciation of things of beauty both in the arts and nature. Love and beauty also fall under the rulership of Venus. Romantic love, to be sure, but also love of family, friends, community, the planet and all other beings. It is this Love, this coming together in empathy, which creates the harmony of Venus. They say 'beauty is in the eye of the beholder' and so it is with the Venusian appreciation of form in harmony. Beauty is found within the natural perfection created by two forces, within the exquisite balance created by nature.

This planetary energy is not just aesthetics, it embodies the many layers of joy, whether casual or spiritual, that all of us seek. Same goes for its herbs. Venusian herbs aren't just herbs for "beauty" as in our skin, and outer layers, although they certainly beautify, it primarily encompasses herbs for happiness, herbs of the heart, euphoric herbs that boost our sense of joy, libido, along with reproductive toners and spirit herbs that calm our core and attune us to love.

MEDICAL ASTROLOGY



Venus rules over the metamorphosis of the cells, the reproduction - enrichment - transformation of cells, the preservation of the body, the complexion, the reproductive system and the harmony between all the systems of the body.

Venus is also said to rule all functions of the throat, for Venus is assigned as the ruler of Taurus. Through Venus' association with Libra, it is said to rule the kidneys. As a planet which is usually indicative of aesthetic values, Venus is corresponds with the skin and hair. Modern medical astrology has also incorporated the thyroid, parathyroid and thymus.

It rules the reproductive system (fertility / infertility), correlates to the urinary system (and its' connection to the kidneys).Venus within our lives can also dictate how (and if) we are able to receive from others, and from life in general. Venus is like the midwife to our happiness; how we're able to accept the deepest pleasure in our life, and access our natural state of joyfulness.

*It's important to see where Venus is located within your natal chart, along with its' aspects. This can provide great clarity as to potential strengths and weaknesses within the body.

MENTAL + SPIRITUAL

Venusian herbs work with the energies of attraction. Many of these herbs have been used in ritual by different traditions, as they are said to be the agents that fuel the passion behind the vision before it's made manifest. The heart has been found to have an intrinsic nervous system of its own, containing around 40,000 neurons called sensory neurites, now characterized as a second brain. These herbs may help attune deeper into heart consciousness, enabling us to access deeper dimensions hidden within the heart.

ENERGETICS

By nature the herbs of Venus are feminine, gentle, relaxing and balancing. The action of "tonics" in itself is Venusian, as this category of herbs are the ones that balance all major organ systems, and assist our body in accessing harmony. Most of these herbs tend to be neutral, as they can be both warming and cooling.

HERBS OF VENUS

Although each herb has its way of yielding its power, they have the common thread that they are known to assist in materializing what we love.

Herbs for Beauty: Fo-Ti (also ruled by the Sun), Bergamont, Balm of Gilead, Camu Camu, Horsetail (also ruled by Saturn), Rose geranium, Rose, Mangosteen (also ruled by Jupiter), Orchid,
Schisandra, Ylang Ylang.



Aphrodisiacs & Spirit Herbs:
Albizzia, Damiana, Catuaba, Kava Kava, Catnip, Mucuna.

Reproductive Herbs:
Black Cohosh (+ Pluto), Crampbark,
Lady's Mantle, Roses + Rose Hips, Hibiscus,
Mugwort (also ruled by the moon), Wild Yam.

Heart/Cardio Tonics:
Fox glove, Motherwort, Pau d'arco.

Superfoods:
Apples, Blackberries, Cacao, Currants,
Gooseberries, Pear,
Peaches, Raspberries, Strawberries, Watermelon.

Visionary:
Wild Dagga, Blue Lotus (also ruled by the Sun)
*Keep in mind some of these herbs fall under several categories.

••MUCUNA MOCHA••
•• A JOYFUL POTION ••

Mucuna is an adaptogenic legume, revered for its ability to stimulate our dopamine receptors (feel good neurohormones). Both cacao, mucuna and maca are known for their mood boosting effects, as well as being supportive to the heart, amongst many other healing abilities.



INGREDIENTS

2-3 Tbsp Cacao powder
1/2 tsp Mucuna
1/2 tsp Maca
1/2 tsp Mesquite
1tsp Happiness Tonic
1Tbsp Coconut cream powder
1 tsp coconut crystals (optional)
4 oz milk of choice
4-5oz hot water

DIRECTIONS

Add all powders in a mug, and pour in hot water.

Whisk intensively until smooth, or use a handblender, or a regular blender, and blend for about 10 seconds.

Add warm milk and sweeten as desired (optional). Enjoy!

Herbs of Mars

adrenals + energizers + stimulants

SYMBOLS OF MARS

Archetypally, Mars embodies the manner in which we bring action, ideas, dreams, and desires into physical manifestation. The energy of Mars catalyzes through the power of strength, courage and physical activity. Astrologers see Mars as a key element to one's drive, agility, ability to initiate and the nature of one's physical energy.



MEDICAL ASTROLOGY

Anatomically this energy corresponds with the muscular system, the motor nerves, and the production of adrenalin. Astrologers look to Mars' placement in the natal chart to describe how we pursue many aspects of sexual fulfillment, along with how we source energy within the body and mind. Medical astrologers include the external sexual organs in correspondence to Mars.

Diseases which induce a fever are sometimes associated with Mars. Other inflammation based outbreaks, like herpes, cirrhosis, candida, are often connected to Mars. Due to the sexual nature of Mars, a lot of medical astrologers have also associated sexually transmitted diseases with this planet. Accidents due to "spacey-ness", or a lack of coordination, are directly associated to Mars and its transits. Other conditions include energy levels; high or low is dictated by Mars — a big one is fatigue, adrenal fatigue, or, on the other side of the spectrum, being hyperactive, living in the fight-or-flight mode. You might be thinking... this is crazy, how in the world is this possible? A way to

work with this is understanding the natal influences within your chart, to know where and when to watch out for a classic manifestation of an imbalance. This can be used for healing or preventing a disease from developing or becoming worse.

ENERGETICS

By nature, the herbs of Mars are energetically yang and considered hot, energetic, and dry. They frequently cause an increase in energy or heat, even if only energetically. These herbs need to be used mindfully, as using them extensively can overthrow the adrenals for example, along with emotions. As you can imagine, an excess of Mars energy can lead to behavior patterns generally perceived as aggressive, egotistic, argumentative, confrontational, etc. Many of the herbs that fall under this umbrella are also naturally protecting, physically and metaphorically, many contain the energetics of protection.

HERBAL CORRESPONDENCES

The herbs of Mars often function as tonics, enhancing one's overall physical health. They must be wisely used for they add energy to all facets of one's being. It can be like a magnifying glass, enhancing areas that we might not exactly agree with. If your engine is already running hot, you don't want to overheat it. "A classic herb, like **Rue**, is an aromatic and stimulant whose energizing qualities have been known to relieve nervous heart problems such as arrhythmia and palpitation. Rue also relieves colic, eliminates worms and can bring on menstruation."

"Nettle, another herb of Mars, possesses thorns that act as hypodermics, injecting subcutaneous doses of stinging fluid. It is this same irritating juice, however, that when properly prepared becomes a powerful internal astringent, eliminating infections and blood in the urine, regulating blood pressure and flow, cleansing and relieving hemorrhoids, reducing susceptibility to colds and by virtue of its heating action, relieving rheumatic conditions."

A combination of Solar Herbs with those of Mars add strength and forcefulness to the formulas' personality, hence our personality. On an emotional level, they can increase a feeling of purposefulness and independence, enhancing our natural ability to not just to

survive, but to thrive with our internal reservoirs as resources. An example of this combination would be pairing turmeric (sun) with pine pollen (mars).

Combining with Herbs of the Moon, for example, it can trigger deep emotional healing. This pairing can also be excellent for detoxification and combat gut issues. On an emotional/spiritual level diving deep into the emotional world can be pairing blue lotus (moon) with nettle root (mars).

For generating abundance, or being a better provider of resources, herbs of Mars can be combined with those of Jupiter (we'll be reviewing next week!) This increases a sense of abundance, self-confidence, delight, and spontaneity. A pairing that could reflect this would be: Meadowsweet and Maca.

HERBS OF MARS

Stimulants + Energizers:
Coffee, Catuaba, Cordyceps (along with Jupiter), Guarana, Maca, Prickly Ash, Pine (+ pine pollen), Ginkgo, Suma, Ephedra.

Muscles + Joints (Herbs that reduce inflammation in limbs, like rheumatism, arthritis, etc.)
Chuchuhuasi, Sarsaparilla, Rheumatism weed (Chimapila), Hemp leaves, Kratom.

Bitters (Herbs to reduce gut inflammation, bloating, etc.)
Blessed Thistle, Black Pepper, Cinchona, Pau D'Arco, Nettles, Rue, Plantain leaf, Quassia, Gentian.

Culinary:
Basil, Bay Laurel, Cashew, Chives, Cumin, Cayenne, Coriander, Garlic, Onions, Paprika, Parsley, Mustard, Marjoram, Radish.

Resins + Oils:
Benzoin, Dragons Blood, Castor Bean, Palo Santo (along with Pluto).

Visionary:
Mandrake (+ Pluto), Juniper, Palo Santo

Other healers that target multiple systems:
Aloe, All-heal, Anemone, Bearberry, Indigo.

••TURMERIC TONIC

MORNING REMEDY TO EASE INFLAMMATION ••

INGREDIENTS

1/2 tsp Turmeric
4oz Fresh Tangerine Juice*
4oz Fresh Orange Juice*
40-60 drops Amargo Bitters
Black pepper
Garnish of choice to make it beautiful!

*Or citrus of choice!



DIRECTIONS

Squeeze oranges and/or tangerines and mix equally into a pitcher. If you don't have cold press juicer, use a regular juicer, or blend and then strain. Add the turmeric, a dash of black pepper and shake really well or pulse in the blender for 5 seconds. Add your bitter drops at the end, mix and enjoy!

Herbs of Jupiter

the liver + higher wisdom + transformation

The correlation of plants to planets has existed since time immemorial. Herbs and diseases were classified and described energetically in terms of astrological symbolism from the times of ancient Egyptians. In fact, the understanding of the principles of diagnosis and treatment according to occult science, were considered an essential part of the study of medicine. Hippocrates himself classified diseases based on astrological phenomena and used planetary archetypes in deciphering how to heal sickness.

SYMBOLS OF JUPITER

Jupiter, the first of the giant, gaseous planets, gives off more energy than it receives. It is not surprising that this planet has represented concepts of generosity and benevolence to wise people for many thousands of years. Despite its turbulent atmosphere, it reflects the Sun brightly, shining the night sky as if it were a beautiful serene star.
Jupiter is often thought of as the planet of abundance, higher wisdom, success and expansiveness. Its' energy allows us to have an expansive outlook in order to have increased access to resources.

MEDICAL ASTROLOGY PHYSICAL

Anatomical correspondences include the liver, pancreas, the production of insulin, including the entire adrenalin-producing system. As the ruling planet of Sagittarius, the thighs and the base of the spine (including the sacrum and hips) are also under the Jupiter branch.
Other parts of the human body, include the arterial circulatory system, subcutaneous fat tissue, adrenal glands, spleen, kidney, resistance to disease, oxygen in the blood, energy levels, digestive organs, thighs, and buttocks.



If afflicted, or perhaps during a rough Jupiter transit, medical astrology associates the following diseases as a result to this aspect: liver and blood related diseases, abcess, arteriosclerosis, strokes, and cancer. Emotional issues include a sense of depression, a lack of direction in life, feeling as if success and good things are out of reach, financial anxiety and the belief that relief is unavailable (hypochondriac).

ENERGETICS

Jupiter herbs are warm, moist, and mostly masculine. These herbs tend to be very expansive, and amplify whatever they're paired with. Herbs that are considered uplifting with "anti-depressant" qualities, joyful, mood enhancing and inspire a positive feeling are known as Jovian. This category of herbs also has a vast quantity of spiritual enhancing herbs that are appropriate for meditation. For example, herbs that induce lucid dreaming, like bobinsana, or calea sacatechichi (also a bitter tonic for the liver!) and valerian.

ADAPTOGENS & HERBS OF JUPITER

Body & Mind

Archetypically speaking, the class of herbs that can contain jovian herbs at their best are herbs that naturally build longevity. Adaptogens are a special class of herbs that have oftentimes been revered by cultures throughout history, for their ability to provide a great amount of vitality, providing a great deal of rejuvenation to the body, mind, and soul. They're commonly known for their powerful ability to curb the damaging effects of stress to the endocrine system, enabling deep protection on a multi-organ level, assisting the body in adaptation to a multitude of stressors (biological, chemical, emotional, etc). Many of Jupiter's herbs share this ability energetically, as they tend to wholistically target several aspects of the body + mind, brining healing and balance non-specifically (a key trait in adaptogenic plants).

Jupiter has long been associated as the Guru amongst the planetary bodies, embodying higher wisdom, higher alchemy and access to the sacred. Due to this, medical astrologers have also considered the pineal gland to be within Jupiter's rulership.

Adaptogenic herbs also have profound stabilizing effects on the Hypothalamus-Pituitary-Adrenal (HPA) axis, which is the main axis within the endocrine system. The HPA has been often associated to as the “god center”, as its the main control center that governs many aspects to our existence, such as the origin of essential neuro-hormones that dictate how we experience life (serotonin, melatonin, DMT, etc.) also known as the molecules of consciousness. These neurohormones have been studied and theorized to command our conscious mind and subtle bodies, acting as gateway to higher consciousness.

ADAPTOGENS: ANCIENT MEDICINES FOR MODERN DAY NEEDS

Part of what makes Adaptogenic herbs so interesting is that they exert seemingly paradoxical effects (alike Jupiter’s transits). The same herb may simultaneously enhance adrenal function while also helping an individual relax and sleep better (like ashwagandha). Adaptogens normalize levels of HPA hormones, raising those that are low, while lowering those that are elevated. The same herb may have differing biochemical effects in different individuals or they may affect the same individual differently at different times.

HERBS OF JUPITER

Jovian + Jupiterian Adaptogens: Ashwagandha (Along with the Sun), Bala, Cordyceps (Along with Mars), Shizandra (Jupiter-Venus), Licorice, Ginseng, Gynostemma, Reishi, Suma, Tulsi, Rhodiola.

Tonic Herbs: Ashwagandha, Astragalus, Cordyceps, Gynostemma, Holy Basil-Tulsi (+Sun), Reishi, Shizandra.

Liver Tonics: Dandelion, Yellow Dock (with Sun), Oregon grape root (with the sun)

Other healers that target several systems: Borage, Bodhi tree, Comfrey (with Mars + Saturn), Coltsfoot, Elecampagne, Frankincense, Hyssop (with moon and mars), henna, jasmine, Lavender (with the sun and mercury) Melissa, Meadowsweet, Mulberry tree, Magnolia, Oak Tree, pine + Pine pollen, Raspberry fruit + leaf, Roses (with Venus), Rose hips, sorrel, Suma Brazilian ginseng, Sumac, Slippery elm, Wood betony.

Culinary: Alfalfa, Apple tree, Apricot tree, Apple, Asparagus, Bay leaf, Carob, Currants, Cardamom, Clove, Fennel, Figs, Millet, Nutmeg, Peppermint (with Venus), Sage, Tomato, Tamarind, Yams.

Resins and Smudges: Frankincense, Myrrh, Juniper, Sandalwood (with Venus), White Sage.

Herbs of Saturn

bones, skin + skeletal system + manifest reality

Saturn is the sixth planet from the Sun and the most distant that can be seen with the naked eye. Saturn is the second largest planet and is best known for its fabulous ring system that was first observed in 1610 by the astronomer Galileo Galilei. Ancient Greeks and Romans, associated Saturn to the God of time (Cronus) and space, ruling the manifest world as we know it.

SYMBOLS OF SATURN

BODY

In medical astrology, Saturn is associated with the hard structures that hold our body,like the skeletal system, the knees, joints, and teeth. Saturn also corresponds with the processing of minerals within the body, particularly our kidneys (and urinary bladder). In esoteric anatomy, this is usually associated to "the processing of spirit." The kidneys themselves are also seen as the doorway to spirit. Saturn is also associated to the gallbladder, and the skin. For example, Chanca Piedra herb is a masterful gallbladder tonic that also naturally works with the skin as it increases bile production, clearing out old stagnant toxins. The main organs in-charge of skin health are our detoxifying organs like the gallbladder.



THE PHYSICAL, EMOTIONAL + SPIRITUAL

Although Saturn is regarded by many people as representative of undesirable energy and hard experiences, the nature of Saturns' energy in our lives provides us with key lessons required for our growth and survival. The Universe is wise, recognizing that we do not learn and grow when things are easy, but require ongoing maintenance and endurance, if we are to become strong. The lessons of Saturn teach us discipline.

The energies of Saturn are those which rule the inheritance of karma. Archetypically, Saturn (in a nutshell) provides us protection, shielding, courage, endurance, restriction, self-control and challenge. Saturn gets a bad reputation because it embodies the challenges we stumble upon as we go down life's path. However, it is the overcoming of these challenges that the lessons of Saturn are learned. Saturn is the trajectory and the achievement over time, the essence of challenge, as well as the treasures of wisdom earned over the hardships. Saturn, considered the lord of time, embodies our karmic inheritance, the lessons and patterning of ancestral heritage, and how we conduct it within our lives.

HERBS OF SATURN

Arthritis: Comfrey, Goutwort, Henbane, Mullein

Wounds: Arnica, Hemp, Horsetail, Solomons Seal, Shepards Purse, St. Johns Wort.

Pain: Aconite, Crampbark, Cannabis, Kratom, Poppy, Valerian

Anti-Microbials/Anti-Virals: Black Walnut, Chaga, Jergon Sacha, Garlic.

Mineralizers: Horsetail, Nettle.

Bone Health: Comfrey, Holly, Elm, Solomon's Seal, Nettle Root.

Colic, Gas, Constipation: Milky Oats, Hemp, Horsetail, Irish Moss,

Gallbladder Health: Chanca Piedra, Milk Thistle.

Skin Health: Arnica, Calendula, Nettle, He Shou Wu.

Spices + Aromatics: Asafoetida, Clary Sage, Cypress, Eucalyptus, Fir, Garlic, Juniper, Myrrh, Patchouli, Spikenard, Vetiver.

THE TRANS-SATURNIAL PLANETS

Herbs of Uranus

the nervous system + innovation + stimulants

SYMBOLS OF URANUS

The study of the planets beyond Saturn (Trans-Saturnian planets) and its association to herbal remedies came later within the classic texts of medical astrology. The ancients had intricate analysis on all the planets between Sun and Saturn — from planetary alignments, to biodynamics, to herbal correspondences, to archetypal manifestations. And for thousands of years many believed that our solar system ended with the rings of Saturns' boundary. Uranus broke the known and became the first planet discovered with the use of a telescope. Unlike the other planets of the solar system, Uranus is tilted so far that it essentially orbits the sun on its side, with the axis of its spin nearly pointing at the star. It's erratic orbit and unusual positioning are just some of its mystique and aspects that define its unusual and unpredictable traits.



SYMBOLS OF URANUS

Uranus is the celestial body that embodies BIG change, innovation, breakthrough and transformation. The planetary body that rules ideas, insight, speed, intuitive "downloads", transformation, the visionary worlds, the future, the wisdom of change, and more.

THE PHYSICAL, EMOTIONAL + SPIRITUAL

In astrology, Uranus helps us understand where to let go, and how to take chances to shift powerful change within our life. Often interpreted in the natal chart as an essential place to where we gather inspiration.



The archetypal energy brought into our life during a Uranus transit is VITAL change and an important transformation that needs to happen regardless of our mind, desire, etc. If we are in flow to this archetypal presence, it provides excellent fuel that helps shift you even further into your powerful and authentic self, providing you with a creative, spontaneous and free-spirit type of life. Unhealthy Uranus energy can manifest as erratic circumstances, having the carpet be pulled from underneath our feet, sudden and not so easily palatable yet mandatory surprising changes to continue the fulfillment of our truth.

MEDICAL ASTROLOGY

As the ruling planet of eccentric Aquarius, Uranus is “associated with the circulatory system, and with the gasses contained within the blood, and within the body’s cells. Uranus is also corresponded with the nervous system and the natural energy triggered by the impulses between nerves which communicate sensations.” (Beyerl, P.)

Classic medical conditions associated to Uranus, as well as ones that flare up during intensive Uranus transits, are: narcolepsy, nervous system disorders, varicose veins. Types of chemical imbalances can be seizures, and dysfunctional behaviors. On an emotional level it can trigger a feeling of “boredom” and needing excessive stimuli, other influences can be total detachment from emotions, constantly inhibiting feelings with the mind, and preventing self-reflection with an overly active intellect.



HERBAL ENERGETICS

The herbs of Uranus tend to be yang in effect, yet considered androgynous. They're highly activating (like Mercurial herbs), promoting alertness, stimulation, also said to stimulate higher consciousness. On a more 'magical note', uranian herbs stimulate the mind, imagination, attuning us to innovation and surrender to the spontaneity and insightfulness of the present moment.

HERBS OF URANUS

Activating Spices + Culinary: Allspice, Cloves, Cinnamon, Coffee, Nutmeg, Pomegranate, Star Anise.

Ceremonial: Cacao, Cedar, Coca, Kola Nut, Mandrake, Tonka Bean.

Nervines (Nervous System Relaxants): Valerian, Lady's Slipper.

Stimulating: Guarana, Cacao, Coffee, Rhodiola, Ginkgo, Coca.

Nootropics: Ginkgo, Gotu Kola (also Mercury), Bacopa,Mucuna.

Tonics: Bacopa, Guarana (also Mars), Rhodiola, Ashwagandha (+Sun)

Other: Wild Carrot, True Unicorn Root, Spikenard.

Herbs of Neptune

third eye, kidneys + psychic energy

SYMBOLS OF NEPTUNE



A *little history on Neptune.*
While sketching the moons of Jupiter in early 1613 with his newly discovered telescope, Galileo twice drew Neptune, which happened to be in conjunction with Jupiter. It's usually said that Galileo mistook Neptune for a star because of its slow movement. Neptune was then "officially" discovered when telescopes came around by mathematician John Couch Adams in 1846.

It takes Neptune 165 years to complete its whirl around the zodiac, spending roughly 14 years at each sign. It has feminine energy and rules Pisces and the Twelfth House. Neptune is known as the higher octave of Venus and is the second of the transcendental planets. The planet was named after the Roman god of the oceans and the same as the Greek God Poseidon.

NEPTUNE'S ARCHETYPE

Dreams, the dream world, visions, the emotional body (alongside the Moon), illusion, art, brings beauty (venus) to a higher, more spiritual level, the queen of cups, the ocean, and metaphorically the oceanic consciousness.

MEDICAL ASTROLOGY:

The pineal, the pituitary, the hypothalamus (in conjunction with Uranus), the lymbic system (in conjunction with the moon; the center for our feelings and emotions), the kidneys and the urinary system.

THE PINEAL GLAND & HORMONES

Since the discovery of Neptune, many medical astrologers have debated which planet reigns endocrine function. Considering Neptune has often been attributed to the visionary world - that of healers and psychics - the third eye, pineal and pituitary gland fall under Neptune's umbrella. The endocrine system is a critical gateway joining physical function with spiritual experience. This system also includes important glands, such as: the hypothalamus, thyroid, parathyroid, adrenals, pancreas, and ovaries/testes.



These glands particularly use hormones as their fuel (archetypically, hormones, due to their "watery" nature, are associated to Moon + Neptune) — rather than the electrical impulses (ruled by Uranus) used by the nervous system, to effect changes in our body, emotions, cognition, and energy. Hormones are chemical messengers that circulate through the body via the bloodstream and coordinate critical body-mind functions.

SACRED ANATOMY

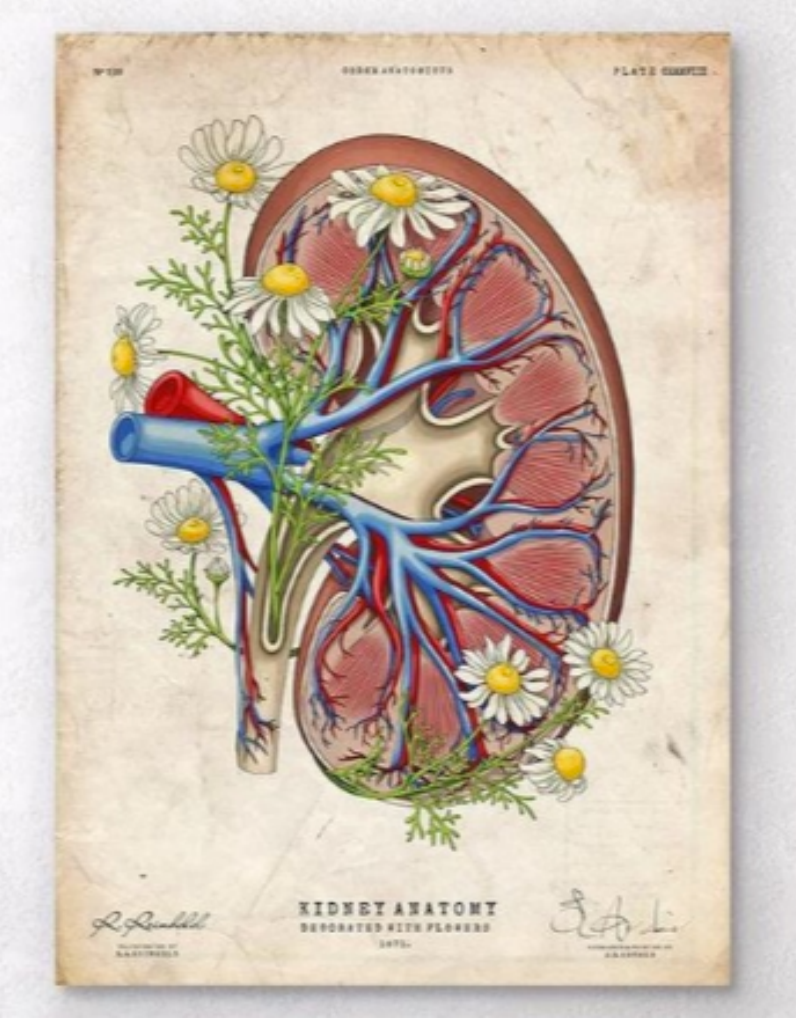
"The pineal gland is located in the center of the brain, behind and above the pituitary gland. Because the pineal is bathed in highly charged cerebrospinal fluid (CSF) and has more blood flow per cubic volume than any other organ, it may well be the gland with the highest concentration of energy in the body. In addition to its' high concentrations of CSF and blood, the pineal gland is also the dominant source of the body's melatonin." (Mantak Chia)

The amount of melatonin in the body directly affects our mood and our quality of sleep. Melatonin is often correlated as a stress reducing agent because it both suppresses cortisol, and is a powerful antioxidant. Not to mention that just the plain fact of getting enough deep

sleep makes anyone very happy. The natural production of melatonin by the pineal gland is activated by darkness and inhibited by light. (Much like Neptune), this precious chemical messenger thrives when in balance, helping us achieve our body's natural circadian rhythm. When melatonin levels are disrupted, people can experience chaos, erratic behavior, depression and seasonal disorders.

THE KIDNEYS

According to Chinese Medicine, "The Kidneys are the root of Yin and Yang, regulating endocrine response throughout the kidneys. They also regulate water by maintaining the optimal balance of intracellular and extracellular fluid and elimination of fluid waste through the urine. Another vital function of the kidneys is calcium metabolism, and the maintenance of the bones." (TCM, Diagnosis and Treatment, Michael Tierra) Individuals who lack personal motivation, or inspiration, or a sense of will power have a Water imbalance (also associated to a Neptunian imbalance in the chart). A constant state of confusion, unable to make decisions, and lost in other people's worlds, identifying with other people's persona vs their own is also a Neptunian, and Piscean, imbalance.



In Chinese Medicine, the Kidneys are the doorways to our primal Essence - the seat of our Spirit.

SIMPLE WAYS TO ACTIVATE THE PINEAL GLAND

Breathwork - It doesn't matter if you know yogic practices or not, it boils down to taking a few minutes of slow and deep breaths, this helps clear the channels. Various breath practices move the pumps, activating the pineal and pituitary glands as well as stimulating the flow of cerebrospinal fluid.

Dreamwork - Practicing lucid dreaming has been studied to significantly reduce cortisol and scientifically proven to help with PTSD. Incorporate some dream practices at night to help focus the intuitive mind, assist the body in excreting melatonin and accusing a deep meditative state (look into different meditation practices for sleep like yoga nidra).
Herbal Tonics - Herbs that open the gateways of the pineal, pituitary and hypothalamus assist the body in entering into a calm and higher vibrational state. This soothes the nervous system, and eliminates excess energy, allowing the body to receive subtle and etheric nourishment.

HERBS OF NEPTUNE

The herbs of Neptune are feminine + moist, literally and energetically. They're directly associated to swampy herbs like the Blue Lotus or Water Lillies, known for their deep spiritual histories while embodying the spiritual journey in all souls. Neptunian herbs help open our imagination and our dreams. In TCM, the health of the kidneys are reflected in a variety of ways just like the vitality of head hair. He Shou Wu is a classic herb used for hair strengthening. Visionary herbs that assist dreamwork, like Kalea Sacatechichi and Silene Capensis, and the more feminine herbs that assist in the spiritual journey, like Ayahuasca.

Adaptogens: He Shou Wu, Eleuthero.

Nervines: Passionflower, Cannabis, Hemp.

Kidney Tonics: Chanca Piedra, Gravel Root, Marshmallow, Horsetail (also Saturn).

Third Eye / Dream Herbs: Blue Lotus and all Lotus, Lily of the Nile, Kalea Sacatechichi, Silene Capensis, Mugwort.

Culinary/Food: Peaches, Pear, Strawberry.

Visionary: Ayahuasca, Mescal, Opium Poppies, Peyote, Psilocybin.

Herbs of Pluto

transcendence + reproductive organs + the underworld

SYMBOLS OF PLUTO



A little history on Pluto.
Pluto, once considered the ninth and most distant planet from the sun, is now the largest known dwarf planet in the solar system. Pluto's natural rotation is retrograde compared to the other planets spins backward, from east to west! “Since the dwarf planet's orbit is so eccentric, or far from circular, Pluto's distance from the sun can vary considerably. The dwarf planet actually gets closer to the sun than Neptune does for 20 years out of Pluto's 248-Earth-years-long orbit, providing astronomers a rare chance to study this small, cold, distant world. As a result of that orbit, after 20 years as the eighth planet (in order going out from the sun), in 1999, Pluto crossed Neptune's orbit to become the farthest planet from the sun.” (1) Due to being a planet that lives most of its cycle in darkness (to our naked human eye), it was named after the Roman God of the Underworld.

PLUTO'S ARCHETYPE

Brilliantly put by one of my dear astrological teachers, Rick Tarnas, “Pluto is the archetype of primordial energy, the universal life force which impels all evolution and transformation. Pluto represents the principle of power itself, of elemental force, of primal libido and aggression, and is essentially identical to Freud's notion of the id. It is the Dionysian energy of life, the Serpent power, the Kundalini. It compels, empowers, overwhelms, transforms; it destroys and resurrects. Pluto governs the instincts and the forces of nature. It rules the biological processes of birth, sex, and death, and at its deepest level it involves the mystery of death and rebirth.”

"Pluto rules: upheaval, breakdown and decay, but also regeneration and the purifying fire of catharsis. It reflects the archetypal Underworld--the dark, mysterious, and often terrifying reality which lurks beneath the surface of things, beneath our ego and societal conventions and the veneer of civilization, and which is periodically unleashed with great destructive and transformative force." (2)

MEDICAL ASTROLOGY:



Various organs of the reproductive system, among them the uterus, vagina, testicles, penis, related reproductive organs, the bowels and excretory system.

Common symptoms: genital diseases, sexual dysfunction, impotency, general afflictions that may affect these organs, in-fertility, bowel issues, etc.

Pluto also rules Scorpio, which is also directly linked to these associated organs. Sexual dysfunction, impotency, and chemical imbalances that overall affect behavior/mood can be associated to Pluto's aspects.

ACCORDING TO CHINES MEDICINE / SMALL INTESTINE:

The small intestine is the transformer, it transforms food and drink into nourishment. It receives partially decomposed food from the stomach and further digests and absorbs it by separating the pure parts from the waste. The useful part is sent to the spleen, which in turn transports and distributes it throughout the body. The waste is sent to the Large Intestine where it is further separated into pure and impure portions before being excreted as waste.

"Psychologically the Small Intestine receives things, eliminates those that are not relevant, and makes those that thrive. Thus it is said to influence mental clarity and judgment, demonstrating its' link with the Heart and Mind. It also aids in decision making by giving the powers of discernment and clarity. (This is different than the Gall Bladder's role in decision making, as the small intestine gives the ability to discriminate and differentiate what is relevant from what isn't (separating the pure from the unpure)." (3

LARGE INTESTINE:

The main function is to discharge the waste and excess water from the body, much like Pluto. Thus the large intestine is the officer in charge of passing and removing things. Dysfunctions have to do with disturbances in bowel movements, including substances, diet and amount of feces generated.

Psychologically, it represents our ability to let go of things, material and emotional. Our ability to dispose, surrender and allow change to happen on a material and emotional level. Many have theorized that the actual flow and function of the bowels is greatly dictated by our emotional landscape. Our "gut feelings" are a direct gateway to our subtle body. Within our bowel we can locate many of our emotional coords, in particular our ability to trust and surrender.

Now moving onto a big player within Pluto's manifestation, our vital energy

SEXUAL ENERGY + EMOTIONAL INTIMACY

Sexual energy is a vital force, a force that cannot be completely understood, yet deeply felt. In eastern traditions, sexual energy is interpreted as a sacred energy, that which connects us to other worlds. It's one of the primary conductors that allows us to feel beyond the veil, and come into close proximity to our divine nature. Sexual energy is an expression of our vital essence, that which represents our source and our origin, far beyond a simple tool to receive pleasure.

It is unfortunate that we live in a world where the mismanagement and misunderstanding of this sacred essence is too common. Where it is abused, shamed, and ridiculed. Nature has cleverly wired us with this energy to be rewarded with bliss consciousness, along with an essence that attunes us back to our origin. It is a birthright to live in a state of bliss and freedom. To live in a culture that is not open to cultivating this sacred energy and protecting it is limiting a huge part of the gifts and mysticism from our origin.

Pluto is symbolic of shattering the confines of an inhibited sexual energy, and transmuting the dormant potential. It transfigures all that detriments that which is authentic to the soul and elevates it to its next cycle of evolution. Anything that is not authentic and true to our spirits' ultimate anima (animating force) will be destroyed. This is why this beloved planet is favored, and oftentimes disliked, due to the cathartic transformation it brings.

HERBS OF PLUTO

The herbs of Pluto are moist, potent, and procreative in their energy. Most of them have a strength to them, from the way they grow, or the way they smell, or the strong impact they have on the body and mind when intaking them.

Herbs of Pluto cause deep transformation in the body, powerful healers known to eradicate chronic diseases, like anti-cancerous herbs, to those that emotionally shift the body into higher frequency. These herbs are excellent for easing folks through a long-term transition. On a more magical note, they are those that help us touch the abyss of our emotional body and help us evolve into the reality of our desires.



Pairings Plutonian Herbs with Others
Think of Plutonian herbs as master catalyzers that light anything it's essentially paird with, on an energetic level. For example, Pluto herbs can be combined with Sun herbs when one is seeking to create a new self-image, or self-renewal. Paird with Lunar it can assisting in re-wiring emotional patterning, desires, and low self worth. Combined with herbs of Mercury, when seeking to powerfully heal our ways of communication and finding outlets to express the mind. Herbs of Pluto with herbs of Mars and Venus make great aphrodisiacs and tend to be good pairings to raise fertility levels.



HERBS OF PLUTO

Aphrodisiac + Euphoric: Damiana, Muira Puama, Guarana (+ Mars).

Reproductive Health + Associated: Black Cohosh (+ Venus), Blue Cohosh, Chaste Tree, False Unicorn Root, Yohimbe, Saw Palmetto, Nettle Root.

Intestinal Cleansers + Protectors: Pau D'Arco, Black Walnut, Burdock (also Jupiter), Chaga, Devil's Club, Wormwood

Culinary / Food: Buckwheat, Corn, Oats, Turnip, Rye, Potato, Wheat, Yucca.

Calming Herbs: Kava Kava, Skullcap, Hops.

For Ritual: Agaric (recommended as an essence), Dragons Blood (D. draco, + C. lecheri), Foxglove, Patchouli, Redwood (Sequoia spp.)

Communing With The Plant World

Keep in mind this is just the tip of the iceberg of a very deep and mystical subject that has been a point of study for medicine peoples thousands of years. Medical astrology, with the use of medicinal plants, is an invitation for you to understand and commune with the all encompassing spirit of Nature. Communing with plants understanding their archetypal nature, is just one of the many avenues to explore within the mystical workings of the Universe.

Plants are like humans and contain very complex personalities which aren't just confined to one or two planetary compositions. Like us, they are composed of all stellar influences, with a predominant manifestation of a few. So saying a plant is "Saturnian" is just the tip of the iceberg of how that plant might is manifesting itself on one of the many levels of its existence. Same for us, we might think we're ruled by Sagittarius (Jupiter), yet based on the season, experience and opportunity, other archetypes come into play. Plants' subtle and physical energetics change seasonally, and have a broad spectrum of healing abilities and potentials far deeper than we have been able to see and discover.

Plants are like radio receivers, inhaling and exhaling stellar influences that alchemize and create life. These forces are invisible to the human eye and inlude a wide array of subtle energies of a spiritual nature. Plants then alchemize light through photosynthesis, creating the finest medicine on a primal level that encompasses all the elementals expressed within cosmic law. Within the microcosm of plants, we can learn key aspects to our own nature, and by communing in receptive awareness with them, we are inviting the inner Seer to experience the inner workings of nature as a map to the cosmos.

Was this insightful?
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@animamundiherbals.com

ANIMA MUNDI
APOTHECARY